

Do you suffer from any of these symptoms...

Physical symptoms

- Hot flushes
- Night sweats
- Palpitations
- Changing menstrual cycle
- Joint pains
- Headaches
- Insomnia
- Weight gain & bloating

Psychological symptoms

- Anxiety & Stress
- Poor concentration
- Anger
- Low mood swings
- Poor memory
- Irritability
- Panic attacks

Genitourinary

- Vaginal irritation, dryness, soreness.
- Recurring infections eg thrush or UTIs
- Urinary frequency, leakage, urgency, nocturia.
- Reduced sex drive / libido
- Uncomfortable/painful sexual intercourse

Ways to cope with symptoms...

- Lifestyle choices, diet and exercise
- Hormone Replacement Therapy : HRT
- Non hormonal medication
- Alternative remedies e.g. herbs & supplements
- Alternative options e.g. Cognitive behaviour therapy (CBT) & mindfulness.

Lifestyle choices to think about...

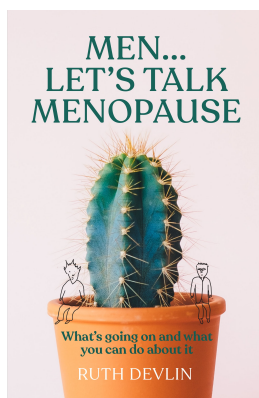
- Reduce alcohol and caffeine levels
- Exercise: set yourself realistic goals, variety is key...just move!
- Keep well hydrated
- Rest and relaxation: try and incorporate even 15 mins a day!
- Keep Hot flush | Food | Sleep | Bladder diaries if needed: look at website for free download

Resources:

www.daisynetwork.org
www.eveappeal.org.uk
www.endometriosis-uk-org
www.letstalkmenopause.co.uk
www.menopausematters.co.uk
www.nice.org.uk/guidance/NG23
www.squeezyapp.co.uk
www.thebms.org.uk
www.womens-health-concern.org.uk

Key points...

- Remember everyone experiences symptoms differently
- Over 34 different symptoms: approx 75% women experience symptoms
- Average age 51 years
- Premature menopause: 40 years and under
- Perimenopause: the most symptomatic stage
- Menopause: established after 12 continual months of no bleeding
- Post menopausal: good lifestyle choices = better quality of life



Men...Let's Talk Menopause by Ruth Devlin

A no nonsense comprehensive guide to what's going on and how you can try to help. Easy to read and evidence based, it's the menopause survival manual you've been looking for.

Available from the usual outlets...Waterstones...Amazon...